

Forum:[Hack Forums](#)

Thread: [depersonalization](#)

BlackWombat - July 22, 2019, 10:48 am

hello,can be depersonalization treated ?If yes,how ?

Caliban - July 23, 2019, 3:59 pm

Quit smoking weed. When i was 16 i was smoking weed a lot and got this weird feeling of depersonalization at random times (even when not being high), when i stopped it went away.

Also most of the time its caused or gets worse because of anxiety

BlackWombat - July 25, 2019, 12:53 pm

I know that weed cause these things,thats why i wont touch this thing ever,but also i have experience with it and i think that weed cause my mental problems...It lasts for 2 years dude,and i think that i have lost my part almost,even there are some days which i find my self again but these days are rare.Perhaps there will be way to help me to be again myself,otherwise it will be hard to live as iam now

ririki - July 25, 2019, 1:18 pm

(Jul 25, 2019 12:53 PM)BlackWombat Wrote: [\[CITE\]](#) I know that weed cause these things,thats why i wont touch this thing ever,but also i have experience with it and i think that weed cause my mental problems...It lasts for 2 years dude,and i think that i have lost my part almost,even there are some days which i find my self again but these days are rare.Perhaps there will be way to help me to be again myself,otherwise it will be hard to live as iam now

Therapy should help you, this is minor problem and it should go away by the time.

I studied depersonalization little bit in the past, do you have anxiety or just depersonalization?

It's in your brain, stop smoking weed and AVOID all drugs including alcohol, deep breath and try to mediate a bit.

BlackWombat - July 26, 2019, 1:04 am

I got anxiety.Do you think that anxiety can cause problem with memory,thinking,focus and not stable thinking ? I got all of these and its getting worse bx team i had really good cognitive functions can i train my brain back ? Even more after is there chance i lost my photograpic memory which i loved ? :D

ririki - July 26, 2019, 2:17 pm

(Jul 26, 2019 01:04 AM)BlackWombat Wrote: [\[CITE\]](#) I got anxiety.Do you think that anxiety can cause problem with memory,thinking,focus and not stable thinking ? I got all of these and its getting worse bx team i had really good cognitive functions can i train my brain back ? Even more after is there chance i lost my photograpic memory which i loved ? :D

Yes, I know that anxiety can worse all of this.

Just make sure not the get into the anxious loop re-thinking why is that, it's all anxiety. ;)

Slow deep breath and move on.

BlackWombat - July 27, 2019, 12:37 am

If it was so simple,anyway,thank you

ririki - July 27, 2019, 8:08 am

(Jul 27, 2019 12:37 AM)BlackWombat Wrote: [\[CITE\]](#) If it was so simple, anyway, thank you I know it's not easy but each time just sit, relax and check out for some deep-breathing tutorials. Try to minimize sugar, caffeine, alcohol, nicotine intake.
With depersonalization therapy, you can also try check for some therapy where you don't have to give up any of your personal details or minimum of them.

BlackWombat - July 27, 2019, 8:58 am

yea, when I put sugar on place things getting worse, but the worst thing is that I am losing my memory, day to day, cognitive functions and more, I saw doctor 14 days ago therapy was suggested, but I think that therapy won't help even yes, how it could? I am closed person from birth... I talk rarely to stranger face to face, and I have to talk about my problems to someone? ?? unbelievable (yet it can look different but you are on the other side of world so I don't care what do you think about me) Perhaps this week I'll find solution I am going on CT.

ririki - July 27, 2019, 1:06 pm

(Jul 27, 2019 08:58 AM)BlackWombat Wrote: [\[CITE\]](#) yea, when I put sugar on place things getting worse, but the worst thing is that I am losing my memory, day to day, cognitive functions and more, I saw doctor 14 days ago therapy was suggested, but I think that therapy won't help even yes, how it could? I am closed person from birth... I talk rarely to stranger face to face, and I have to talk about my problems to someone? ?? unbelievable (yet it can look different but you are on the other side of world so I don't care what do you think about me) Perhaps this week I'll find solution I am going on CT.
Yeah, that can happen.

Therapy can happen in the way you will talk to some person and he can give you tips, he can give you advice, he can help you understanding the issues that way you will understand what's going on at the current moment and will be able to handle the issues more correctly and so on.

I know, for someone it's very hard talking to someone about your problems, sharing things and almost impossible other way is you can also do re-search yourself but the main problem is, you ALWAYS click and read the things you want. trust me with this.

Additionally you don't have to tell to the therapist your entire day but kind of short things that you have issue with, you can keep it simple

You: "Hi"

Doc: "Hi, what's your problem?"

You: "I'm mostly likely suffering from an anxiety, basically the symptoms are and I would need some advices and so on".

Doc: "Ah yeah let's move on"

If you google, chest pain you will get something like "heart attack" and this will worsen your anxiety but if you google chest pain anxiety you will see all the articles that it's perfectly normal if not extremely common having chest pain due to anxiety or panic attack.

Let us know how does the CT look like, you can also try MRI but they're expensive if your insurance won't pay it. ?

BlackWombat - July 27, 2019, 1:53 pm

I'll let you know man, thank you a lot! Have a good time

BlackWombat - August 15, 2019, 12:11 pm

Hello I am back. CT is fine (I am glad) as I was giving my time with my doctor we found that I got neurosis and strong paranoia, I am still having hard time and maybe it won't pass away for next month I am still really depressed by my conditions. The worst condition is that my muscles on my

head are gone jaw is too smaller and my thinking is too bad, it is caused by anxiety (all of this) still I can't find if my brain can have same frequency as it had...Neurosis is known as illness with attack highly intelligent people my IQ is 127 and I am still wondering if it didn't lead to decrease of IQ....sorry for bad English

ririki - August 15, 2019, 9:23 pm

(Aug 15, 2019 12:11 PM)BlackWombat Wrote: [\[CITE\]](#) Hello I am back. It is fine (I am glad) as I was giving my time with my doctor we found that I got neurosis and strong paranoia, I am still having hard time and maybe it won't pass away for next month I am still really depressed by my conditions. The worst condition is that my muscles on my head are gone jaw is too smaller and my thinking is too bad, it is caused by anxiety (all of this) still I can't find if my brain can have same frequency as it had...Neurosis is known as illness with attack highly intelligent people my IQ is 127 and I am still wondering if it didn't lead to decrease of IQ....sorry for bad English

Thanks for the report and reaching out.

I'll read something about neurosis, but I read about it already in the past.

What does it mean that the muscles on your head are gone and your jaw is smaller?

Hope you'll get it sorted but it might take some time, stay strong. And yes anxiety can worsen your memory due to a lot of over thinking and all that kinda stuff in my opinion. Not sure if I said that earlier.

Have you tried to exercise or drink some teas? They can reduce anxiety, try to not sugar them.

<https://www.healthline.com/health/anxiety/tea-for-anxiety>

BlackWombat - August 16, 2019, 12:39 pm

My head got smaller, my muscles around my eye are now shrunk my forehead is smaller my backhead is bigger my sides are smaller too and the head is more likely to be a jaw from shape of wide really wide V is now V

ririki - August 16, 2019, 1:34 pm

(Aug 16, 2019 12:39 PM)BlackWombat Wrote: [\[CITE\]](#) My head got smaller, my muscles around my eye are now shrunk my forehead is smaller my backhead is bigger my sides are smaller too and the head is more likely to be a jaw from shape of wide really wide V is now V

Do you get enough of water and some sugar? Do you take any medication?

I know that this often happens to body builders on steroids when they stop taking them and they get their face shrunk to bones.

BlackWombat - August 16, 2019, 1:48 pm

Maybe, I try to drink often and drink at least 1L. And I can say that I got a lot of sugar, yes I am trying out some tea. I am trying meditate too.

ririki - August 16, 2019, 2:02 pm

(Aug 16, 2019 01:48 PM)BlackWombat Wrote: [\[CITE\]](#) Maybe, I try to drink often and drink at least 1L. And I can say that I got a lot of sugar, yes I am trying out some tea. I am trying meditate too.

1 Liter a day is very low in my opinion. How much is a lot of sugar? Does 1 Liter mean 1 Liter of Pepsi?

You should reach at least up to 2 Liters, especially during the summer.

I know it's sometimes not easy but try to drink every 20-30 minutes, at least a little bit. (100-200ML)

Tea is great, try not to sugar the tea, without sugar the taste is better.

You can try green tea, it cleans your body. 1-3 cups per day, don't do it before you are going to

sleep. It's similar to caffeine.

Also if you don't have much of physical activity try to stand up every 30 - 90 minutes of inactivity and walk for few minutes (5 is enough).

This will make your blood circulation better.

I know that most people sit behind computer a lot, if you sit try to also do one deep breath every now and then (30 minutes) just to realize the reality, clean your mind etc.

BlackWombat - August 16, 2019, 2:33 pm

Thanks for your advises I am really really glad for your help and your free time which you spend to help me out of this. Others says too that its too low, i have to improve this, i mean a lot of sugar like half bottle of coca cola and some suger cakes and pies and more(not daily of course) but ussualy. Yea i know that exercise is great to relax, I am trying to find solution with yoga and trying to give atleast every hour 10 minutes break.

ririki - August 16, 2019, 2:57 pm

(Aug 16, 2019 02:33 PM)BlackWombat Wrote: [\[CITE\]](#) Thanks for your advises I am really really glad for your help and your free time which you spend to help me out of this. Others says too that its too low, i have to improve this, i mean a lot of sugar like half bottle of coca cola and some suger cakes and pies and more(not daily of course) but ussualy. Yea i know that exercise is great to relax, I am trying to find solution with yoga and trying to give atleast every hour 10 minutes break.

Yeah, you should try to limit the usage of coca cola and stuff like that.

You can mix the coca cola with water or drink 1 glass of cola, 1 glass of water.

Yoga might be helpful but I have no experience with it but what you can also do is just sit, relax, try not to think of anything (don't force yourself), focus on your breath.

hyperionthegod - August 16, 2019, 3:03 pm

stop using drugs and start meditating.

Dash - August 17, 2019, 6:34 pm

You need to remove the underlying anxiety, depersonalization cannot exist without it. Good luck and message me if you need help

BlackWombat - August 18, 2019, 5:27 am

Hello, thanks for your help, but i feel i cant get over it right now even if i had no troubles its repeating over and over in different form i can relax as i want, i can run 100 km ,i can work 30 hours and yet i cant get my head clear to go to sleep, to stop it and the fact that things changing making it worse, today happened so trivial so casual so messy thing witch could be forgotten..yet iam only thinking about it over and over again. I am typing it in affect, but it wont change meaning of this messege, anything what will happen is meant to make me crazy

wezlol - August 28, 2019, 5:11 am

Dont eat:

- sugar
- bread / wheat
- pasta
- meat
- cashew nuts

google fodmap diet

